

Community

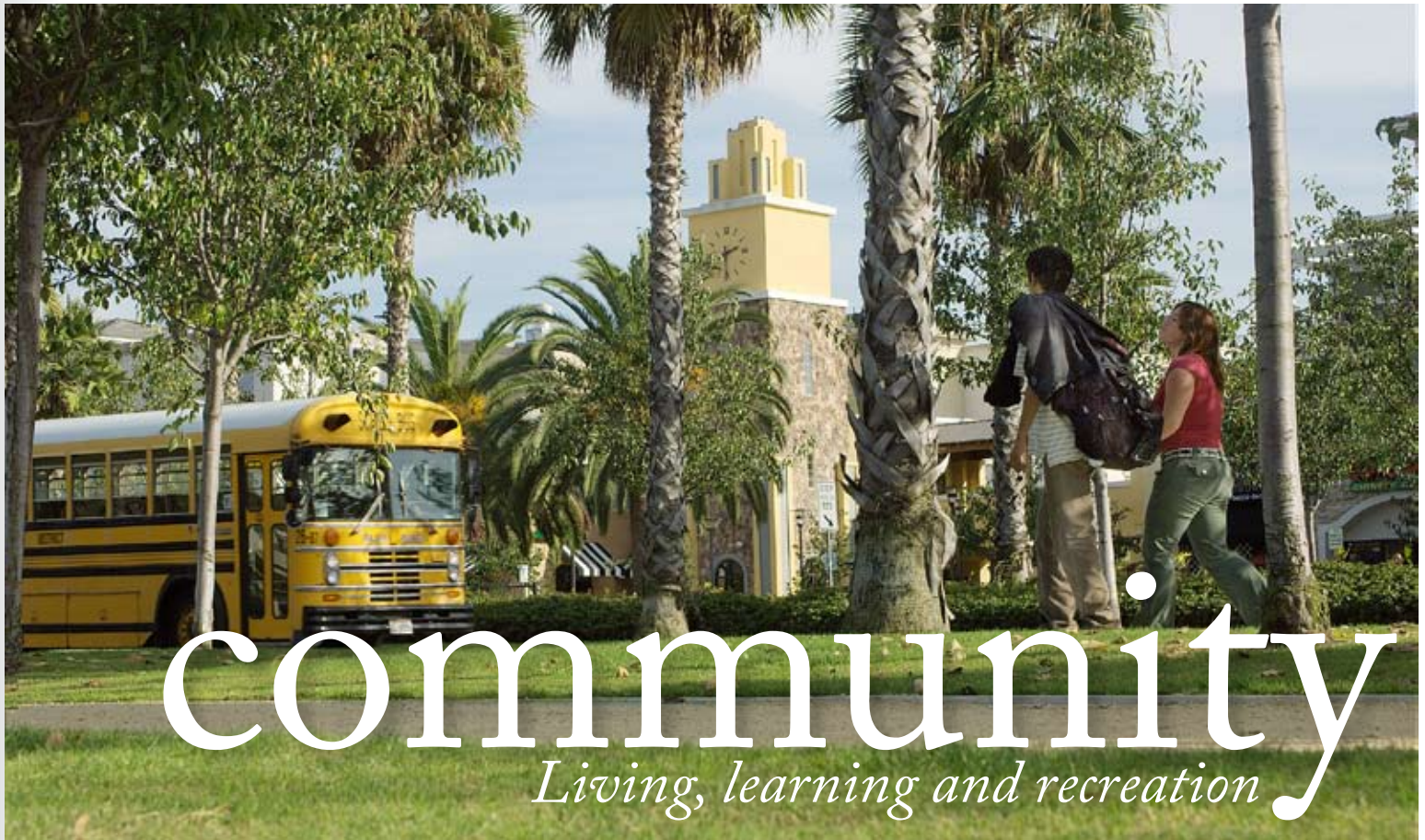
Living | Learning | Recreation



CHULA VISTA
CHAMBER
OF COMMERCE

2011 membership & resource guide

There's something for everyone!



community

Living, learning and recreation

POPULATION

	2010	2009	2008	2007	2006	2005	2004
Annual Growth:	237,595	N/A	231,305	227,723	223,423	217,543	208,675
% Difference:	2.6%	N/A	1.6%	1.9%	2.7%	4.2%	4.1%
	2030	2020	2010	2000	1990		
Population Projections:	316,445	289,304	248,174	173,556	135,210		
Population by Age:	Under 5: 21,369 (9%)		35 - 44: 31,975 (13%)			Median Age: 33.4	
	5 - 14: 33,590 (14%)		45 - 54: 33,070 (14%)				
	15 - 24: 36,280 (15%)		55 - 64: 23,185 (10%)				
	25 - 34: 32,154 (14%)		65+: 25,972 (11%)				
Ethnic Groups:	Hispanic	White	Asian/Pacific Isl.	Black	Other		
Population:	121,123	63,484	34,357	9,940	8,691		
% of Population:	51%	27%	14%	4%	4%		

HOUSEHOLD INCOME

Under \$15,000:	6,996	\$60,000 - \$74,999:	9,367
\$15,000 - \$29,999:	11,066	\$75,000 - \$99,999:	10,257
\$30,000 - \$44,999:	12,722	\$100,000+:	12,182
\$45,000 - \$59,000:	10,770	Median Household Income:	\$74,881

HOUSING

Housing Units:	78,244	Persons per Household:	3.3
Housing Type:	Single family: 47,923 (63%)	Multiple family: 26,566 (34%)	Mobile home: 3,755 (3%)
Housing Vacancy:	Occupied: 71,697		

full of opportunities

Combined with affordability and room for expansion, Chula Vista offers multifaceted opportunities to businesses and families alike.



Education

A complete range of educational opportunities, from preschool to post graduate studies in both the private and public sectors are available in Chula Vista and the surrounding areas. Within the City boundaries, primary and secondary public schools are managed by the Chula Vista Elementary School District and the Sweetwater Union High School District.

Chula Vista is home to Southwestern College and National University and is within commuting distance to several four year universities and research centers, as well as numerous specialized training and education centers.

The City is developing plans for an innovative University Park and Research Center (UPRC) to be located on a 1500-acre site overlooking lower Otay Lake and adjacent to the U.S. Olympic Training Center. The UPRC will bring together the comprehensive resources of distinguished public and private universities, research institutes and laboratories, and related business and technology firms that will collaborate to provide an important regional resource for all of San Diego County and Northern Baja California.

Public Elementary Education (Pre-K - Grade 6)

The Chula Vista Elementary School District (CVESD) offers a wide range of challenging educational programs. The instructional program meets all state requirements and includes art, health, history, social science, language arts (reading, writing, speaking, listening), mathematics, science, physical education, and visual and performing arts.

Partnerships with the U.S. Olympic Training Center and the Chula Vista Nature Center offer students unique study programs. The state provides an approved list of basic and supplementary textbooks. These, plus additional materials and school supplies, are provided by the CVESD. Each school has classroom libraries and a library/media center with at least 7,740 books. Non-printed materials such as CDs, videocassettes, audiotapes, study prints, and kits are available to students, parents, and teaching staff.

Public Secondary Education (Grades 7-12)

The Sweetwater Union High School District (SUHSD) is the largest secondary school district in California. The curriculum provides challenging courses that prepare students for college and/or careers. The four core content areas are aligned to state content standards and testing. SUHSD schools offer a variety of elective courses as well as programs for students with special needs. Specialized training through the district's academy programs include – among others – travel and tourism, business leadership, criminal justice, biotechnology, and creative and performing arts. School to Career programs, clubs, athletics, visual and performing arts, and student government opportunities round out the educational opportunities in the SUHSD.

The Adult and Continuing Education Program is an award-winning division of the SUHSD. It's a model in the state because of its excellence in key areas: English as a Second Language (ESL) programs, vocational and professional skills development, literacy and other general education courses that help students prepare for a high school diploma or General Education Development (GED). Parent education and personal development courses are also offered.



Elementary and High Schools Overview

Chula Vista Elementary School District

Serving students from Pre-K - Grade 6 (two charter schools also serves grades 7 & 8)
84 East J St., Chula Vista 91910
(619) 425-9600 • www.cvesd.org

27,400 students; 1,404 certified employees;
1,057 classified employees
45 schools including 6 charter and 10 Dual Immersion programs

Student/teacher ratio: Grades K-3, 20:1 •
Grades 4-6, 28.9:1
178 instructional days in a modified year-round format, with breaks aligned with area middle and high schools.

Sweetwater Union High School District

Serving students in grades 7-12 and adult learners

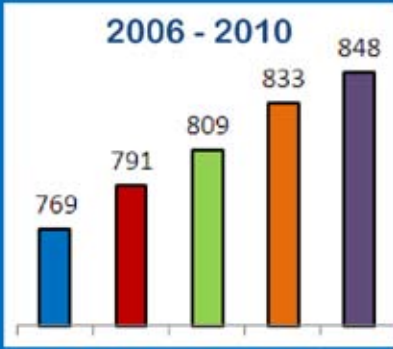
1130 Fifth Ave., Chula Vista 91911
(619) 691-5500 • www.sweetwaterschool.org

42,209 students in grades 7-12
10 middle schools, 1 junior high, 12 senior high, 1 continuation high, 4 adult schools, 1 alternative school (grades 7-12)

Calendar year: Minimum 180 instructional days; one common calendar with CVESD

Chula Vista Elementary School District
"EACH CHILD IS AN INDIVIDUAL OF GREAT WORTH"

AN 848 API* DISTRICT
INNOVATING FOR EXCELLENCE



2006 - 2010


- Charter Schools
- Chula Vista Nature Center Science Program
- Dual Language Programs
- Exercise the Dream Program at the Olympic Training Center
- Family Resource Centers
- Full Day Kindergarten at most sites
- Low Administration Overhead
- Mobile Medical Clinic
- State Preschool Program at 15 sites
- Strong Parent Engagement Programs: Budget, DAC-DELAC, PTA, PTO

*ACADEMIC PERFORMANCE INDEX

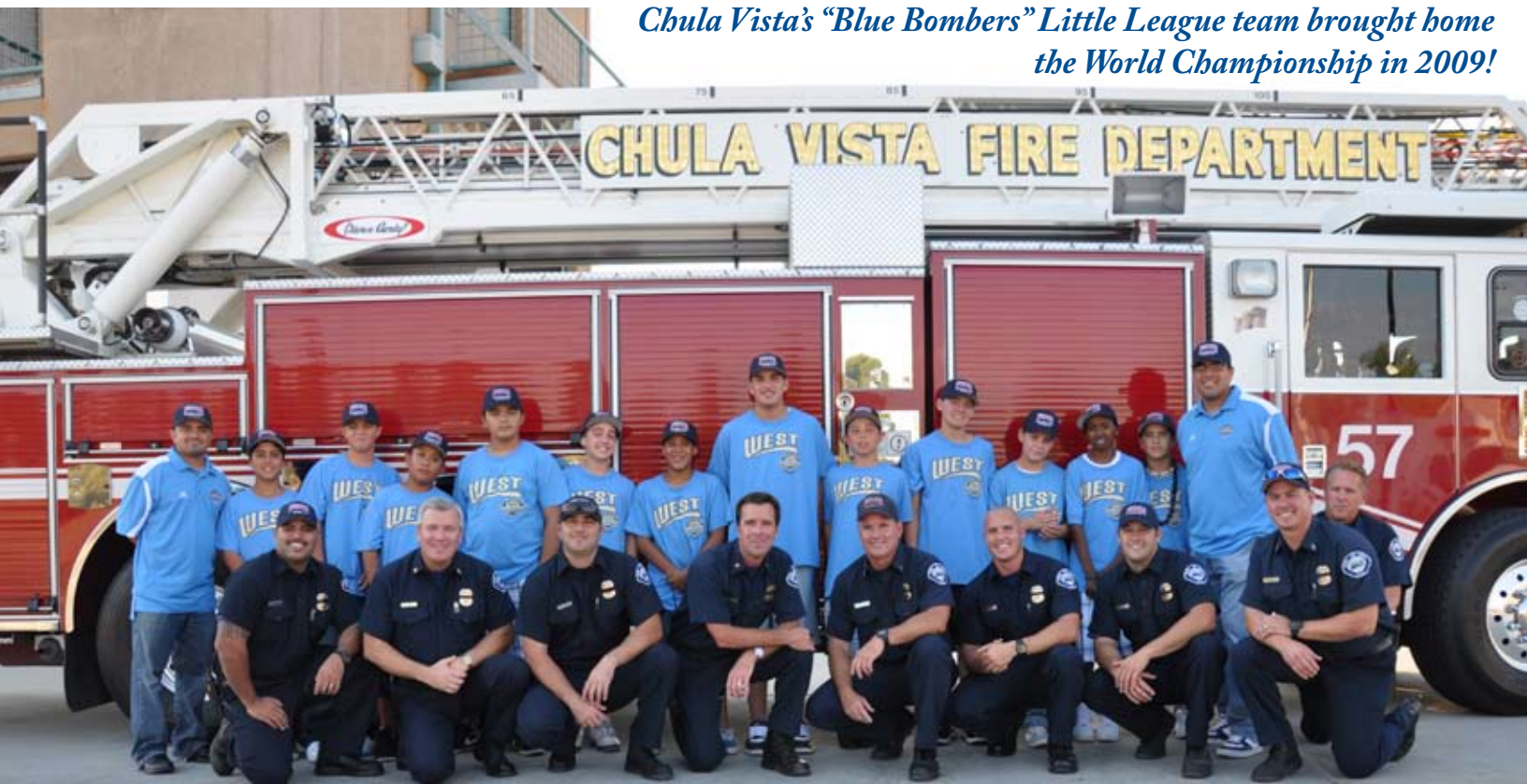
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www.cvesd.org



Chula Vista's "Blue Bombers" Little League team brought home the World Championship in 2009!



Chula Vista Elementary School District: Your First Choice for a Quality Education

The Chula Vista Elementary School District offers your child the highest-quality education at some of the finest educational facilities anywhere in San Diego County. Our students are high academic achievers who also benefit from a range of enrichment opportunities such as the District Speech Contest, Digital History Project, before- and after-school programs, athletics, visual arts, and so much more.

District Profile

Located between the City of San Diego and United States/Mexico International Border, the Chula Vista Elementary School District is the largest K-6 district in the state. The District currently serves 27,400 students. Two charter schools also enroll middle school students. The District serves a community that features a blend of residential areas, recreational facilities, open space, and light industry. The District currently operates 45 elementary schools. Its student population is ethnically diverse and is composed of African-American (4%), American Indian or Alaskan Native (.04%), Asian/Pacific Islander (3%), Filipino (11%), Latino/Hispanic (65%), other (1%), and White (13%). More than one-third of the students in the District are classified English Learners, and nearly half qualify for free or reduced-priced meal programs.

California uses the Academic Performance Index (API) to annually rate districts and schools on a scale of 200 to 1,000. The state target is 800. For the 2009-10 school year, the District's API score reached 848. For the first time, five Chula Vista schools matched or exceeded 900 on the API. Overall, 38 of the 45 District schools achieved index scores greater than 800. We continue to draw attention from experts across the state for our progress in narrowing the achievement gap. The District's API score for English Learners is 796, which is higher than the overall API score of many districts in the state.

The District's across-the-board gains help illustrate the benefits of CVESD's decentralized approach. The Board of Education and the Superintendent trust in the abilities of school administrators and staff members to come up with solutions that fit their unique challenges. In turn, the site-level decision-makers are held accountable for their results.

District schools follow the same school calendar with common starting and ending dates, and common fall, winter, and spring breaks. Individual charter schools may have slightly modified school calendars.

Charter Schools

CVESD has a proud history of nurturing the charter school movement. The District views charter schools as an opportunity for research and development of innovative educational practices. The



District's expectation is that freedom from California Education Code rules and restrictions will foster high academic achievement for students. In fact, these are the premises on which charter school law was written. Currently, there are six charter schools in the District: Arroyo Vista, Chula Vista Learning Community, Leonardo da Vinci Health Sciences, Discovery, Mae L. Feaster, and Robert L. Mueller.

Dual Immersion Program

Dual Immersion is a language-oriented program designed to build fluency in both Spanish and English. Native Spanish- and English-speaking children have the opportunity to develop their listening, speaking, reading, and writing skills in both languages. With more than 2,000 students overall, the District's Dual Immersion program is an increasingly popular choice with parents. Currently, 10 schools offer Dual Immersion:

- Arroyo Vista Charter
- Chula Vista Learning Community Charter (Schoolwide)
- Clear View Elementary
- EastLake Elementary
- Anne and William Hedenkamp Elementary
- Heritage Elementary
- Liberty Elementary
- Salt Creek Elementary
- Valle Lindo Elementary
- Veterans Elementary

*The Chula Vista Elementary School District—
where “Each Child is an Individual of Great
Worth.”*

Learn more at
www.cvesd.org



Higher Education

Southwestern College

900 Otay Lakes Road
Chula Vista, CA 91910
(619) 421-6700
www.swc.cc.ca.us



Southwestern College offers two-year programs for associate degrees and transfer credit in a range of disciplines. The College's Small Business Development and International Trade Center functions as a resource for small business and offers business counseling, technical assistance and networking resources. Noncredit courses designed to enhance personal and professional development are offered through the college's Continuing Education Department.

National University

660 Bay Blvd.
Chula Vista, CA 91910
(619) 563-7415
www.nu.edu



National University has several campuses in the San Diego area. Chula Vista's campus offers a variety of undergraduate, graduate, teaching credential, and extended learning programs as well as online degree options. National University's evening and weekend courses and flexible scheduling provide excellent educational opportunities for the local business community.

San Diego State University (SDSU)

5500 Campanile Dr.
San Diego, CA
92182
(619) 594-5200
www.sdsu.edu



SAN DIEGO STATE
UNIVERSITY

Part of the 23-campus California State University system, SDSU awards bachelors, masters, and doctoral degrees in numerous disciplines and maintains a strong research program.

University of San Diego (USD)

5998 Alcalá Park
San Diego, CA 92110
(619) 260-4600
www.sandiego.edu



The University of San Diego is a private Catholic institution that includes the College of Arts & Sciences, School of Business Administration, School of Education, School of Law and Hahn School of Nursing and Health Science. The University offers over 50 graduate and under-graduate degrees.

Point Loma Nazarene University

3900 Lomaland Drive
San Diego, CA 92106
(619) 849-2200
www.ptloma.edu



POINT LOMA
NAZARENE UNIVERSITY

An institution of the Church of the Nazarene, PLNU offers undergraduate degrees in the Colleges of Arts & Sciences, Social Sciences & Professional Studies, and Education. Graduate programs are offered throughout California including at the main campus in San Diego.

University of California, San Diego

9500 Gilman Drive
La Jolla, CA 92093
(858) 532-2230
www.ucsd.edu



One of only 10 campuses in the University of California system, UCSD has six undergraduate colleges, and awards masters and doctoral degrees in a variety of specialized disciplines. Research and development programs are extensive at UCSD.

California State University, San Marcos

333 S. Twin Oaks Valley
San Marcos CA 92096
(760) 750-4000
www.csusm.edu



CSUSM, one of the 23 California State University campuses, offers both undergraduate and graduate programs in the College of Arts & Sciences, College of Education and College of Business Administration.

"Hope Within"

Find this sculpture at the corner of J Street and Bay Boulevard.



Top 10 Reasons why Sweetwater Schools are your Schools of Choice

1. Newsweek magazine named four Sweetwater District schools—Bonita Vista High, EastLake High, Otay Ranch High and Sweetwater High—among “America’s Best High Schools” in 2010.

2. The Sweetwater Union High School District has among the lowest drop out rates in the county. The 14% drop out rate is lower than both the countywide and statewide drop out rates.

3. San Diego State University offers a one-of-a-kind promise to Sweetwater Students—guaranteed SDSU admission as part of the Compact for Success.

4. Test scores are rising for Sweetwater students on California Standards Tests in all subject areas in every grade level, 7th through 11th.

5. Sweetwater is building a brighter future for students by renovating the oldest school campuses to provide all students with state-of-the-art classrooms and school facilities.

6. Sweetwater Schools offer Advanced Placement classes at every high school.

7. Every Sweetwater high school and middle school has a registered nurse on staff.

8. Sweetwater students come to school. The districtwide attendance rate is above 96%, well above the attendance rate for schools countywide and statewide.

9. Sweetwater Schools are home to an award-winning Visual and Performing Arts Program.

10. Five Sweetwater schools surpassed the 800 point target score on the Academic Performance Index—EastLake Middle, Rancho del Rey Middle, Bonita Vista High, EastLake High and Olympian High. Another four schools are closing in on the 800 target: Bonita Vista Middle, Granger Junior High, Hilltop Middle and Otay Ranch High.



EXPLORE, CREATE, ACHIEVE... 



1130 Fifth Ave, Chula Vista, CA 91911 Phone: 619-691-5500

Learn more at
www.SweetwaterSchools.org

Healthcare

Chula Vista boasts outstanding healthcare facilities staffed by exceptional healthcare professionals. From curing a toothache to having a baby, you are in very capable hands with Chula Vista's medical community.

Scripps Health Chula Vista Offers A World of Healing

Quality healthcare is important to a growing community and Scripps Health Chula Vista is home to outstanding medical facilities staffed by exceptional professionals. SMHCV patients, medical professionals and staff represent many cultural and ethnic backgrounds that offer a world of caring, expertise and choices.

Scripps Health Chula Vista counts with a wide variety of services including a 24-hour emergency department with 24 fully equipped rooms; 24 intensive care beds that include six cardiac care beds and recently renovated lobby and laboratory. SMHCV also offers advanced imaging services such as MRI; special women's services including bone density scanning and digital stereotactic breast biopsy; rehabilitation services; comprehensive cancer services; and surgical services including orthopedics and neurosurgery.

As one of the two campuses which form Scripps Health, Scripps Health Chula Vista is now part of a 700-bed hospital making it the largest hospital in San Diego and one of the 10 largest in California.

Scripps Health Chula Vista's 2007 accolades include the "Top Doctors in 2007" designation from San Diego Magazine to 16 Scripps Health Chula Vista physicians.

Scripps Health Chula Vista continues to make investments in state-of-the-art equipment offering the latest in healthcare to our community. These include a new Magnetic Resonance system with short-bore ideal for claustrophobic patients and the installation of the Picture Archiving and Communication system (PACS) which allows physicians to access images through any PC. A new Cardius 3 nuclear medicine camera gives physicians the ability to perform myocardial rest and stress studies in one day rather than the usual three.

With the installation of the new PlatinumOne DSA system, SMHCV's angiography suite now provides exceptional image quality and ease of use, and a robust real-time angiography

image processing feature set for advanced high-resolution digital quality. The state-of-the-art system facilitates a completely filmless operation and DICOM communications offering numerous time-saving and cost-reduction benefits, as well as outstanding image quality, reliability and ease of use.

It also enhances image resolution that provides crucial information to the radiologist treating the patient. It includes an enhanced Innovision 12-bit digital CCD camera, an acquisition station and a full fluoroscopic and real-time angiographic image-processing package offering a greater range of services to patients.



As part of Scripps Health Chula Vista, the Well Being Center located at 311 Del Mar Ave. in Chula Vista offers preventative health and wellness programs, parenting programs and support groups open to all members of the community. Last year alone, it provided community health

education and support classes to more than 8,000 individuals. These classes include the, "Meet the Doctor" sessions in which participants enjoy a presentation on various health topics followed by a question and answer session from the leading physicians in the area. Support groups and programs sponsored by the Well Being include breast feeding classes, Cerebral Palsy, Diabetes, Epilepsy, Parkinson's disease, Stroke Treatment and Recovery and more.

The Center has also educated approximately, 14,000 hard-to reach women in the South Bay community on the importance of breast health outreach and education. Several of these women were connected to mammograms and further screening.

More than 2,000 youth participated in multiple "youth into health careers" activities (e.g., summer camps, mentoring, health and career tours, and health presentations).

The Scripps Family Practice Residency Program based at SMHCV is a unique community-based program in the South Bay that focuses its resources on the care of the underserved population. Residents have provided medical services to more than 350 local high school youth at the Palomar High School Clinic. A new clinic has now opened serving Southwest High School.

Scripps Health Chula Vista continues its commitment to meeting the health care needs of our community. It recently opened the newly renovated Maternal Child Health unit. New mothers can now enjoy this special event in a heart-warming atmosphere complete with new artwork and flat screen television sets.

Scripps Health is part of Scripps Health, a San Diego-based health care system, founded in 1924 by philanthropist Ellen Browning Scripps.

Scripps Health was again named the favorite among San Diego Union-Tribune readers in the Best Hospital category of San Diego's Best reader's poll for 2006. In the ten years that the reader's poll has been conducted, Scripps has taken the first in the Best Hospital category nine times.



SOUTHWESTERN COLLEGE



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Fully Accredited Since 1964.



After fifty years, Southwestern College has become South County's destination for higher education.

In today's rough economic seas, students need an education that translates into a job. At Southwestern College, they are getting it close to home:

- Low fees
- Five locations in our community
- UC/CSU transfer options
- Vocational, Technical and Continuing Education programs
- Recently upgraded computer labs
- Day, evening, weekend and online classes

GET YOUR DEGREE AND GET INTO THE WORKPLACE.

Accounting
Administration of Justice
Architecture Technology
Automotive Technology
Biotechnology
Business Management
Child Development

Commercial Music
Computer Information Systems
Computer Science
Construction Inspection
Culinary Arts—Professional
 Baking and Pastry
Dental Hygiene

Electronics
Emergency Medical
 Technology
Environmental Technology
Exercise Science
Fire Science Technology
Graphic Applications

Landscape and Nursery
 Technology
Legal Interpretation and
 Translation
Medical Laboratory Technician
Medical Office Professional
Nursing

Paralegal Studies
Pharmaceutical and
 Laboratory Science
Real Estate
Telemedia
Travel and Tourism

Higher Education Center
at National City
880 National City Blvd.
National City, CA 91950
(619) 216-6665



Crown Cove
Aquatic Center
5000 Highway 75
Coronado, CA 92118
619-575-6176



Southwestern College
Main Campus
900 Otay Lakes Road
Chula Vista, CA 91910-7299
(619) 482-6550



Higher Education Center
at San Ysidro
460 W. San Ysidro Boulevard
San Ysidro, CA 92173
(619) 216-6790



Higher Education Center
at Otay Mesa
8100 Gigantic Street
San Diego, CA 92154
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www.swccd.edu



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295 K Street
Chula Vista, CA 91911
619.691.9800
www.chirocareechulavista.com



On K St. near the N.E. corner of K & 3rd
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www.chiropracticcarecenter-chulavista.com

OFFICE HOURS:

Closed Sunday & Tuesday
Monday 9am - 6:30pm
Wednesday 9am - 6:30pm
Thursday 9am - 6:30pm
Friday 9am - 6:30pm
Saturday 9am - Noon

34 YRS SPECIALIZING IN:

- PERIPHERAL VASCULAR DISEASE
- SHOULDER & ELBOW PAIN
- NECK & BACK PAIN
- HEADACHES & MIGRAINE
- POSTURAL & BIOMECHANICAL
- VERTIGO & DIZZINESS
- ALLERGY & SINUS

**WE WELCOME
PHONE
CONSULTATIONS**

For the fourth consecutive year, Scripps Health was named to the AARP Best Employers list, as a top employer in the nation for mature workers.

Scripps Health has also been named one of the country's Best Companies by Working Mother magazine three years in a row because of flexible scheduling, health benefits and programs for parents and working mothers.

For more information regarding Scripps Health Chula Vista, please call 1-800-727-4777 or via the web at www.scripps.org.

Sharp Chula Vista Medical Center

Sharp Chula Vista is the South Bay's most comprehensive medical center. Sharp Chula Vista Medical Center delivers a full range of care designed to meet the needs of the community. Renowned as a top-quality provider of cardiac and cancer services, Sharp Chula Vista provides the medical services that South Bay residents rely upon and strengthens this commitment by offering a selection of specialty services, including a spine and neurosurgery program, bloodless medicine and surgery, cardiac rehabilitation and weight-loss surgery. A wide range of physicians, from neurosurgeons to heart surgery specialists, choose to admit patients to Sharp Chula Vista than any other hospital in the region. These physician specialists collaborate with a highly trained team of caring nurses and other health care professionals to provide compassionate, patient-centered care.

Sharp Chula Vista patients have access to some of the most advanced medical equipment available, including open-bay magnetic resonance imaging (MRI) and computed tomography (CT) to the

latest in nuclear-medicine camera technology. This equipment allows physicians and other specialty staff to quickly and accurately diagnose patients and begin identifying medical and surgical care plans by providing clearer images than were ever before available in the South Bay.

As the region's leading provider of cardiac health care, Sharp Chula Vista offers comprehensive cardiac services, including open-heart surgery, cardiac catheterization, angioplasty, coronary stenting and vascular surgery. Sharp Chula Vista was the first local hospital to provide endoscopic vein harvesting, a minimally invasive procedure

that assists with bypass surgery and in addition performs "off pump," or beating-heart bypass surgery, a leading technique that can result in improved outcomes and shorter hospital stays.

Sharp Chula Vista maintains a community hospital cancer program, which is the only fully certified by the American College of Surgeons Commission on Cancer in the entire South Bay Region. Treatment services include a radiation therapy center that became one of the first in the region to offer intensity modulated radiation therapy (IMRT), one of the most advanced methods available for the treatment of certain cancers. A multidisciplinary team of physician



120 Years of Caring for the Community



St. Joseph's Dispensary, 1890



St. Joseph's Hospital, 1918



Mercy Hospital, 1927



Scripps Mercy Hospital, San Diego campus



Scripps Mercy Hospital, Chula Vista campus

Established in 1890 by the Sisters of Mercy, Scripps Mercy Hospital is San Diego County's longest-established and only Catholic Hospital. With campuses in San Diego and Chula Vista, we provide medical expertise, leading-edge technology and a very special style of care.

Scripps Mercy offers primary care and a wide range of specialty services, including a Level I Trauma Center, 24-hour emergency care, acute medical/surgical services, perinatal care and one of San Diego's only chest pain centers. In addition, the Scripps Minimally Invasive Robotic Surgery Program provides state-of-the-art cardiothoracic, urologic, gynecologic, bariatric and general surgery procedures.

Scripps Mercy continues to receive national recognition for quality outcomes: **Primary Stroke Care Certification** from The Joint Commission for Primary Stroke Centers; and **Bariatric Surgery Center of Excellence** by the American Society for Bariatric Surgery and the Surgical Review Corporation. Scripps Mercy is also the first hospital in San Diego County to be designated a **Breast Imaging Center of Excellence** by the American College of Radiology.

To find a family doctor or specialist at Scripps Mercy Hospital, call **1-800-SCRIPPS (1-800-727-4777)**, or visit **scripps.org/mercy**.



Chula Vista campus: 435 H St. • Chula Vista, CA 91910
San Diego campus: 4077 Fifth Ave. • San Diego, CA 92103

Scripps. One of the Top 10 Health Systems in the nation for excellence and high-quality care.

- Thomson Reuters 2009



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Now you have access to top doctors, world-renowned academic medicine and research, and state-of-the-art technology — right in your own neighborhood. UC San Diego Health System serves the rapidly growing South Bay community so you don't have to travel far and wide to find specialists who go above and beyond.

For more information, call 1-800-926-8273 or visit us at health.ucsd.edu



UC San Diego
HEALTH SYSTEM

Where discoveries are delivered.™

specialists and hospital staff provide focused care for patients living with cancer. Hospital services include cancer surgery, a medical oncology nursing unit, infusion therapy, nuclear medicine, mammography, and nutritional and social services. Patients also can access clinical trials, home health care and hospice resources through Sharp HealthCare.

An advanced surgical team provides South Bay residents with the surgical solutions they need. For patients with acute or chronic spine pain caused by injuries or degenerative conditions, Sharp Chula Vista's spine program specializes in treating back and neck pain with a range of surgical solutions. A weight-loss surgery program at the hospital provides a medically recommended method of permanent weight loss for those with 100 or more pounds to lose. For these and other surgeries, the hospital possesses specialty equipment, including a Jackson operating table, which allows surgeons to operate from both the front and the back of the body in one surgery, as well as an image-guided surgery navigation system, which allows surgeons to precisely pinpoint the location that needs to be operated on. Combined with other diagnostic tools, clinical evaluations and physician expertise, patients can make more informed choices about surgery.



Over the years, Sharp Chula Vista Medical Center has continued to expand programs and services in order to meet the changing needs of our growing community. Chula Vista Medical Plaza, located on the hospital campus, offers patients convenient access to an array of outpatient surgical and diagnostic imaging services, all under one roof. Both the intensive care unit (ICU) and the emergency department were remodeled in 2003 to allow for more patients and to provide a more comfortable health care experience.

To choose a physician affiliated with Sharp Chula Vista, sign up for a class or learn more about our programs and services, please call 1-800-82-SHARP or visit www.sharp.com.

Bayview Behavioral Health Campus of Paradise Valley Hospital

According to the National Institute of Mental Health, people with depression are four times more likely to have a heart attack than those without a history of depression.

Located at Moss Street and Third Avenue in Chula Vista, Bayview Behavioral Health helps people from childhood through their senior years learn the most effective ways to confront problems such as anger, grief, depression, anxiety and loss. We are distinguished by our crisis intervention services, chemical dependency programs and inpatient and outpatient services. Our free, confidential evaluations are offered 24 hours a day.

For more information call 1-800-585-2767.



My First Choice
for Cancer Care

Comprehensive services. Advanced technology. Compassionate care.

Sharp Chula Vista Medical Center offers the full range of cancer services — from diagnosis to treatment to recovery — and the only Community Hospital Cancer Program in the South Bay certified by the American College of Surgeons Commission on Cancer.

With advanced diagnostic technologies, highly skilled and experienced clinicians, oncologists and surgeons, and personalized care every step of the way, we are the South Bay's first choice for cancer care.

To receive information about free cancer screenings and educational seminars, or to find a cancer specialist affiliated with Sharp Chula Vista Medical Center, call 1-800-82-SHARP (1-800-827-4277) or visit www.sharp.com.

SHARP Chula Vista
Medical Center



Sharp HealthCare

CV146A ©2008 SHC



The Veterans Home of California, Chula Vista

Located on a 30-acre site off Telegraph Canyon Road, adjacent to Sharp Chula Vista Medical Center, the Veterans Home of California in Chula Vista (VHC-Chula Vista) is the only Veterans Home located in coastal, urban Southern California. With views of the Pacific Ocean and downtown San Diego, VHC-Chula Vista's location provides residents with numerous cultural and recreational opportunities.

Completed in May 2000, VHC-Chula Vista is a 400-bed long-term care facility providing options for Domiciliary (Independent Living), Licensed Residential (Assisted Living), and Skilled Nursing Facility Care. Employed physicians provide medical care in both the licensed outpatient clinic and the skilled nursing units. Acute care is provided at either the La Jolla VA Medical Center, or at the adjacent Sharp Chula Vista Medical Center.

Veterans desiring to be considered for admission must be residents of California, age 62 or older (or younger if disabled), and have served honorably in the U.S armed forces.

Veterans seeking admission should call 1-888- 857-2146 or write to: Veterans Home of California, Chula Vista Attn: Admissions, 700 East Naples Court, Chula Vista, CA 91911

Sharp Rees-Stealy in the South Bay

Sharp Rees-Stealy is a multi-specialty medical group who is proud to celebrate 85 years of service. They provide comprehensive primary and specialty care services at two locations in the South Bay. Sharp Rees-Stealy Otay Ranch, located at 1400 East Palomar Street, offers dermatology, family medicine, internal medicine, laboratory services, nutrition, OB/GYN, ophthalmology, optometry, pediatrics, a pharmacy, physical therapy/rehabilitation, podiatry, radiology, speech therapy, surgery and urology.

Located at 525 Third Avenue, Sharp Rees-Stealy Chula Vista offers

cardiology, endocrinology, family medicine, internal medicine, laboratory, nephrology, neurology, occupational medicine, orthopaedics, otolaryngology (ENT), a pharmacy, physical therapy, radiology services, rheumatology and urgent care.

Sharp Rees-Stealy patients can pay their bills, request or cancel primary care appointments and request prescription refills online. There are five urgent care centers open daily and pediatricians are available to care for sick children every day as well.

Sharp Rees-Stealy is going electronic which means all patient information will be available to providers at the click of a mouse. In addition, radiology is going to a picture archiving and communications system (PACS) so that X-rays may be viewed quickly and images sent electronically to wherever they are needed.

Sharp Rees-Stealy accepts most health insurance plans. For more information, call (858) 499-2600 or visit www.sharp.com/isrs.

A 2007 Malcom Baldrige National Quality Award Recipient, Sharp HealthCare is San Diego's most comprehensive health care delivery system.

It is recognized for clinical excellence in cardiac, cancer and multi-organ transplants, as well as orthopaedics, rehabilitation, behavioral health and women's health.



Libraries

The Chula Vista Public Libraries are located in Chula Vista, California, and are comprised of three dynamic state-of-the-art libraries delivering information, books in English and Spanish, videos and CDs, and community programming to the City's residents nearly every day of the year.

All Chula Vista Libraries provide access to reference sources and updated information on library events, furthering our commitment to provide users with the latest information through innovative technology.

The South Chula Vista Branch Library (166,000 volumes) and the Civic Center Branch Library (236,000 volumes) offer full library service in English

and Spanish seven days per week. The EastLake Library (30,000 volumes), is located on the EastLake High School campus, and provides a quiet location especially suited for students.

Please call your closest branch for hours or more information.

Civic Center Branch
365 F Street, (619) 691-5069

South Chula Vista Branch
389 Orange Avenue, (619) 585-5755

EastLake Branch
1120 EastLake Parkway, (619) 397-3980



Recreation Centers

Please call your closest center for hours or more information.

Chula Vista Woman's Club (619) 691 - 5083
691 G St

Heritage Park Community Center (619) 421 - 7032
1381 East Palomar St

Loma Verde Pool/Center
1420 Loma Lane
Pool: (619) 691 - 5081
Recreation Center: (619) 691 - 5082

Monteville Community Park (619) 691 - 5269
840 Duncan Ranch Road

Norman Park Senior Center (619) 691 - 5086
270 F St

Otay Recreation Center (619) 476 - 5325
3554 Main St


Parkway Center/Gym/Pool
385 Park Way
Center: (619) 691 - 5083
Gymnasium: (619) 691 - 5084
Pool: (619) 691 - 5088

Salt Creek Community Park (619) 585 - 5739
2710 Otay Lakes Road

Veterans Park & Rec. Center (619) 691 - 5260
785 East Palomar St

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